

Program & Activity Listing

The Slinger Parks and Recreation Department offers a wide variety of classes, leagues and programs for people of all ages and interests. Listed below are some of our most popular classes and leagues. **A complete listing of classes can be obtained through the Parks and Recreation Seasonal Activity Guides.**

Youth Activities

Sporties 4 Shorties:

Baseball, soccer, kickball and much more! In this program children will have the opportunity to learn the fundamentals of many different sports. This is the perfect opportunity for your child to “kick back” and have a blast with their friends. Your child will play many different games and sports in an organized and fun atmosphere.

Sports Fun – Damentals:

The goal of this program is to provide an introduction to the basic skills of each sport. Each child will learn teamwork, hand-eye coordination, motor skill development and peer socialization. Each week a different sport will be covered. This is an instructional class with no competition involved.

Everything You Wanted To Do, But Your Mom Wouldn't Let You:

This class allows kids to have FUN and get MESSY, especially with activities like whipped cream pie fights and the sticky peanut butter limbo. We highly recommend participants wear old clothes for this program.

T-Ball For Tots Clinic:

This clinic is an introduction to baseball for 3 & 4 year olds. The focus will be on the basic skills of running bases, fielding, hitting and throwing. This is a chance for your child to have fun in a non-competitive setting and build team relationships with other children.

Badges, Bows 7 Arrows – Keeping Kids Aiming Straight with the Slinger PD:

This youth program has been designed to catch the attention and interest of kids. The idea behind the program is to get kids hooked on something positive at an early age. With the help of volunteers and sponsors, the Slinger Police Department has taken the lead on this exciting youth program.

Archery Lessons:

In this class, kids will learn the basic fundamentals and techniques of archery. This class is for anybody that is interested in learning how to shoot archery no matter what your experience level.

Red Cross Baby Sitting Training Program:

The Babysitter's Training Course trains students over the age of 11 on how to supervise children in the absence of parents or guardians. The students will learn safety, leadership skills, how to handle care giving challenges, and first aid, along with lifesaving techniques for bleeding & breathing emergencies.

Youth Art Classes:

These youth art classes are designed for children between the ages of 5-14. Your kids will have fun and get a little messy at the same time.

Youth Cheerleading:

Cheer teaches children the basic skills in the sport of cheerleading. Your child will learn a new cheer each week and master the art of performing them. They will learn arm motion techniques and proper posture. This class is for kids who are energetic and full of energy!

Tiny Tots Creative Movement and Dance:

This program has been created to capture the interest of all those little girls who love dancing and have some extra energy to burn "dance" off. They will focus on basic movements and creative exercises. Participants will learn a short pom routine and also a few movement routines.

Jazz / Hip Hop / Pom Pon Class:

If you like dancing to the latest songs and learning some of the newest dance moves this class is for you! This class will teach many new skills including leaps, jumps, turns and technique. It is a great way to have fun and stay in shape.

Youth Camps**Youth Fast Pitch Clinic:**

The Slinger Storm Fast Pitch Club will provide girls with an opportunity to learn fundamentals and game strategies from Slinger High School's Varsity coaches and players. This camp will stress the importance of throwing, fielding, pitching, hitting, baserunning and much more.

Lady Owls Girl's Basketball Camp:

Improve your basketball skills at the Fighting Owls Girl's Basketball Camp. The Lady Owls Varsity Coaching staff will instruct this camp and teach the fundamentals of basketball.

Fighting Owls Boys Basketball Camp:

Are you ready to "HOOP It Up"? This camp is instructed by the Boys Varsity Coaching staff and will teach the fundamentals of the game.

Football Camp:

Learn the fundamentals of offensive and defensive technique from members of the High School Coaching Staff. Campers will have an opportunity to display these techniques learned in organized scrimmage games during the week.

Gridiron Football Camp:

In this camp participants will learn the fundamentals of offensive and defensive techniques that will be used as building blocks for these future football players. Incorporated in this camp will be fun games that will improve your football skills, coordination and agility.

Team Speed-Speed Agility & Quickness Camp:

This camp is open to boys & girls of ALL SPORTS. Learn drills and techniques to improve your game. The camp will focus on drills for lateral speed, running biomechanics, acceleration, explosive starts, changing directions and more. Each athlete will be evaluated on the Nike SPARQ athletic testing system.

Premier Soccer Academy:

This camp for both boys and girls offers individual instruction in the fundamentals of soccer to players of all ages. The highly qualified staff consists of individuals who have experienced coaching at the High School and College level. Morning sessions will provide skill development, while afternoon scrimmages allow participants to implement the skills they have learned. Above all the coaching staff hopes that all participants will improve their skills, while having a good time.

YOUTH SPORT LEAGUES

Slinger Little League Program:

The Slinger Little League Program provides opportunities for kids between the ages of 4 and 18. Our leagues begin with our 4 Year Old Tball program and finish up with our High School Coed Softball League. This provides participants to enjoy hardball and fastpitch softball in a competitive and exciting atmosphere.

4 Year Old T-Ball	Must be 4 by June 1 st
T-Ball	5 Years Old to 1 st Grade
Beginners League	2 nd Graders (Coach Pitch)
Boys Minor League	3 rd & 4 th Grade
Boys Major League	5 th & 6 th Grade
Boys Pony League	7 th & 8 th Grade
Girls Minor League	3 rd , 4 th & 5 th Grade (Fast Pitch)
Girls Major League	6 th , 7 th & 8 th Grade (Fast Pitch)
High Coed Softball	9 th –12 th Grade (Slow Pitch)

Youth Flag Football Leagues:

The Slinger Recreation Department offers two Flag Football Leagues. Both are for boys and girls, one for participants entering 2nd and 3rd grades and the other is for participants entering 4th, 5th and 6th grades. Games will be held on Saturday mornings. This is a great opportunity to learn basic skills while emphasizing teamwork. In addition, fair play, good sportsmanship and working toward a common goal will be stressed.

Slinger Youth Basketball League:

This coed youth basketball league is for children in 4th and 5th grades. This is a great opportunity to learn the fundamentals of the game, while working as a team and making new friends. Fair play, good sportsmanship and working toward a common goal will also be stressed.

Slinger Youth Volleyball League:

This coed youth volleyball league is for children in 4th, 5th and 6th grades. This league will teach the fundamentals of the game while working as a team and making new friends. Fair play, good sportsmanship and working toward a common goal will once again be stressed in this league.

AQUATIC PROGRAMS

Swim Lessons:

Please read the level descriptions carefully before registering your child for swim lessons. Lesson material has updated recently. This program is conducted by American Red Cross Certified Water Safety Instructors and is designed to teach swimming skills and to promote and develop a positive and safe atmosphere in an aquatic environment.

Level I – Introduction To Water Skills:

Beginners, minimum of 5 years of age. Skills to be learned: Enter and exit water safely, submerge nose and eyes, exhale under water through mouth and nose, open eyes underwater and pick up submerged object, float on front and back, explore arm and hand movements, swim on front and back using arm and leg actions, follow basic water safety rules and use a life jacket.

Level II – Fundamentals of Aquatic Skills:

Prerequisites: Swimmer must have passed Level I, or be able to front float with face in water, back float, and swim on front and back using arm and leg actions. Skills to be learned include: Entering the water by stepping or jumping from platform, exit water from ladder safely, submerge entire head, open eyes underwater and pick up submerged object, float on front and back, perform front and back glide, roll over from front to back, back to front, tread water using arm and leg motions, swim on front and back using combined strokes, swim on side, and move in water while wearing life jacket.

Level III – Stroke Development:

Prerequisites: Swimmer must have passed Level II, or can float on front and back, swim 15 yards of front and back crawls, using kick and alternating arm movement, and can perform rhythmic breathing. Skills to be learned include: Jump into deep water from platform, dive from kneeling and standing positions, submerge and retrieve object, bob with head fully submerged, use rotary breathing in horizontal position, perform front and back glide, perform survival float, change from horizontal to vertical on front and back, perform front and back crawl, butterfly-kick and body motion, perform HELP and huddle position, perform reaching assist and use Check-Call-Care in an emergency.

Level IV – Stroke Development:

Prerequisites: Swimmer must have passed Level III, or can swim 15 yards of coordinated front and back crawls using kick and alternating arm movement, and can perform rhythmic breathing and jump into deep water. Skills to be learned include: Perform shallow dive, swim underwater, perform feet-first surface dive, perform open turns on front and back using any stroke, tread water using sculling arm motions and kick, perform the front and back crawl, breaststroke, butterfly, elementary backstroke, sidestroke, use of safe diving rules, perform compact jump with lifejacket, perform throwing assist and care for conscious choking victim.

Level V – Stroke Refinement:

Prerequisites: Must have passed Level IV or can swim 25 yards front crawl and back crawl, 10 yards elementary backstroke, breaststroke kick and sidestroke kick, standing dive into pool and deep water bobbing. Skills to be learned include: Tread water with two different kicks, learn survival swimming, perform rescue breathing, standing dives, pike surface dive, shallow dive two body lengths and begin any front stroke, tuck surface dive, front flip turn, backstroke flip turn, front and back elementary backstroke, sidestroke and endurance swimming.

Parent / Child Aquatics Program:**Parent – Tot Level: (Ages 12-35 months)**

Skills include water adjustment, breath control, supported floats on front and back, kicking, water games and songs. Parent / Adult accompaniment in the water is required.

Parent – Child Level:

Skills include water adjustment, safe water entry, breath control, supported floats on front and back, kicking, alternating arm movement on front, bobbing, water safety topics, games and songs. Parent / adult accompaniment in the water is optional but recommended.

Youth & Adult Private Swim Lessons:

Private swim instruction is available during regular scheduled lesson times, based on the availability of instructors. Interested participants should contact the Aquatics Supervisor to schedule a time and instructor.

ADULT PROGRAMS

Yoga Classes:

Only go go where your body can take you! Yoga can help increase mobility, flexibility, and tone the entire body from inside out. Yoga helps create oneness with ones mind, body and spirit. Where do you want your body to take you?

Pilates Stretch:

This basic beginner class is designed to lengthen and strengthen your entire body using core muscles. Designed to stretch and strengthen your mid-section, you will also be improving your balance, flexibility and posture.

Kardio Boot Camp:

This class is a moderate intensity workout to tone all major muscle groups. We will work on functional strength for everyday activities as well as total body conditioning for muscle strength and endurance.

American Heart Association CPR Certification:

This course teaches adult CPR, Child/Infant and relief of foreign body airway obstruction to all lay rescuers, particularly those who are expected to respond to emergencies in the work place. A course completion card will be issued upon completion of this course:

Adult Self Defense:

This class will be a mixture of Tae Kwon Do, Escrima and Kali-Sikaran (speed & fluid self-defense) and Muay-Thai (kickboxing). It offers an environment where students can be greatly challenged, learn the most realistic and practical methods of self-defense, get in great shape, relieve stress and develop a true sense of accomplishment doing something that is unique and fun. This class is informal, intense and dynamic and cater to the physical, mental and emotional needs of adults.

Butts And Gutts:

This class is designed to raise your heart rate and give your lower body a great workout all at the same time. We'll focus on building strength and flexibility in your legs, back and abdominals. Be prepared to sweat off the workday and have a great time doing it.

Cutting Edge Circuit Training Class:

Designed to give you a mix of both cardiovascular exercise and resistance training. This class will get your heart racing and firm and tone all of the major muscle groups. A great class to de-stress after a long days work.

Monday Night Open Gym:

Come on out for some competitive pick up basketball games. Get out of the house and put on your basketball shoes. This is a great opportunity to get out and enjoy the great game of basketball.

Over 30 Basketball Open Gym & Over 40 Basketball Open Gym

This is a great time to get together with friends and play some competitive pick up basketball. This open gym allows you to get out and enjoy the benefits of basketball along with a little friendly competition. So come out and show your friends that you still have game!

Friday Night Adult Volleyball Open Gym:

Looking for something different to do on Friday nights? Come on out for some competitive pick up volleyball games. Get off the couch and put on your knee pads. This is your chance to enjoy the exciting game of volleyball.

Adult Golf Lessons:

This class will help you learn the skills and techniques for a better golf swing. Classes include three indoor classes and three outdoor classes. Students must have their own golf clubs, but golf balls are provided.

ADULT SPORT LEAGUES

Slinger Adult Softball Leagues:

Men's League	-	Monday Nights
Women's League	-	Monday Nights
Coed League	-	Wednesday Nights
Men's Fall League	-	Thursday Nights

Adult Over 30 Co-ed Kickball League:

Each Spring we accept teams for our summer adult co-ed kickball league. The league will play at Community Park on Friday nights between 6:30 and 10:00 pm. This will be an eight team league. You must be 30 years old to participate.

Adult Co-ed Volleyball Leagues:

The Slinger Recreation Department is accepting teams for our Summer co-ed volleyball league. This league will be played on Tuesday nights at Community Park. Please call the Recreation Department for more information.

Adult 3 on 3 Basketball Leagues: (Men's and Women's Leagues)

Looking for something physical to do after watching the football games on Sunday? Come out and enjoy some exciting 3 on 3 basketball leagues. This league will run on Sunday evenings beginning in January. All participants must be out of high school with a limit of 5 people per roster.

Adult Co-ed Dodgeball League:

We are accepting teams for our winter adult co-ed dodgeball league. The league will be played on Thursday nights between 6:30 and 8:30 pm. You must be at least 16 years of age to participate. Teams are made up of 6 to 10 players.

HIGH SCHOOL SPORTS LEAGUES:

Co-ed High School Softball League:

The Slinger Park and Recreation Department still offers an entertaining softball league for current high school students. The High School co-ed league will be played in the summer on Friday nights.

Co-ed High School Volleyball League:

The Slinger Recreation Department runs a co-ed High School Volleyball league on Wednesday nights during the summer. Please call the Recreation Department for more information.

Please click on the link to our Seasonal Activity Guides for all of our program offerings. We are confident that you will find “Something for Everyone”!